

JUNE

NEW(S) HORIZON

2016

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Examples of these are:

Nutrition Programs

TRIAD

HESSCO Lunches

Podiatrist

Educational Groups

Knitting Group

Bingo

VNA Clinics

Yoga

Outreach Services

Cribbage

Financial Programs

Writing Group

Veterans Group

Dominos

Whist

Bridge

Great Trips

Chair Exercise

Zumba Gold

Mah Jongg

Day of Beauty (September-June)

Transportation for shopping, errands and medical appointments

LOOK INSIDE THE NEWSLETTER FOR TIMES & DATES OF THESE PROGRAMS!

**WALPOLE COUNCIL ON AGING CENTER
135 SCHOOL STREET, WALPOLE, MA 02081**

Hours: Monday, Wednesday, Thursday, Friday 8:30 –4:30PM; Tuesday 8:30– 8:00PM

Telephone: 508-668-3330, Fax: 508-660-7363, Website: www.walpole-ma.gov

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older. The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.

You are invited to all Board Meetings of the Walpole Council on Aging. Our next meeting is **THURSDAY, JUNE 23, AT 1:30 PM**, at the Newell Senior Center attached to Walpole Town Hall.

LETTER FROM THE DIRECTOR

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year's theme is "Blaze a Trail." The theme is intended to encourage older adults to protect themselves and remain active and independent for as long as possible. Our goal this month was to provide a wide array of programs to provide you with incentives and opportunities to come into the Walpole Council on Aging and experience what we offer to enhance the quality of life for older adults and caregivers in our community. If you haven't been here lately you don't know what you're missing! Why not come in this month and attend the summer speaker series, the health expo or come join the Veterans meeting, and listen to the wonderful speaker. You are also welcome to join us for a walk in breakfast or the special Pork Roast Lunch. If you are more into staying fit join one of the 5 exercise classes we offer!!



This is YOUR Center, so please let us know what you want to improve your life!! If we don't offer it we will do our best to make sure we do!

Hope to see you soon!!

Courtney Riley

Director

Walpole Council on Aging

HELPFUL NUMBERS TO REMEMBER:

NORFOLK COUNTY "ARE YOU OK?", (866) 900-RUOK (7865)

Receive a call everyday to make sure you are up and OK!

HESSCO: (800) 462-5221

POLICE (Non-emergency) 668-1212

FIRE DEPARTMENT (Non-emergency) 668-0260

HEALTH EXPO

SENIOR HEALTH EXPO

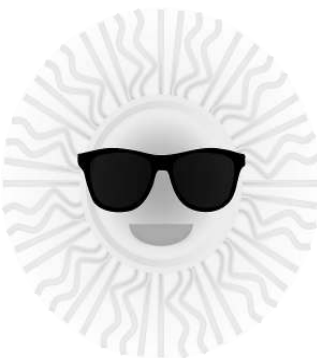
Thursday, June 30, 2016

10:00AM - 12:00PM, COA



Meet the following service providers; Newlife Home Refurnishing, Betro, Walpole VNA, Health Department, Veterans, Fire and Police, TRIAD, Requipment, Alexandra's Funeral Home, My2Sisters, Nurse/Memory Café and HESSCO.

A Message from Your Outreach Worker



Summer is upon us. Time for sunglasses and sunscreen. It is important to protect ourselves from damaging summer sun rays. Clothing is our first line of protection against the sun's harmful ultraviolet rays. Applying sunscreen daily is one simple step to take to be sun safe. Remember our center is air-conditioned and a safe retreat from the hot, humid weather.

Laurel St. Pierre

**Every Thursday come to the COA to listen to Bob Blakely perform!
3:30 PM - 4:30PM (Free) Walk ins Welcome**



JUNE TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
FIRDAY 6/3	Quiche / French Toast Breakfast	Come and enjoy some of Carols Famous Quiche and Dons French Toast	9:30 AM - \$3.00 Limit to 24 people - Must sign up
MONDAY 6/6	Twin Rivers Casino	Test your luck or just enjoy the restaurants. If you went last month must wait to sign up	Must sign up at Center Van leaves at 9:30 AM
THURSDAY 6/9	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA ~ \$3.00 per person
FIRDAY 6/10	Trip to Castle Island	Take a walk around the island and enjoy some of Sullivan's famous treats	Van leaves at 10:30 AM Limit 17
MONDAY 6/13	Trip to Wickford RI	Walk around this lovely town and enjoy all the shops and wonderful restaurants	Limit 17—must sign up Van leave center at 10:30 AM
THURSDAY 6/16	Veterans Meeting	9:30AM Coffee ~ 10:00AM Meeting begins with speaker Dave Ferrara	9:30- 11:00 AM COA
THURSDAY 6/16	Pork Roast Luncheon	Come join us for this wonderful home cooked 3 course meal with salad, pork roast and dessert	\$6.00 per meal—Sign up at COA Lunch starts at 12:30 PM
MONDAY 6/20	Movie at the Center	Join us for the movie “Spotlight” and enjoy light snacks	Movie starts at 1:00 PM Movie title may change based on availability
WEDNESDAY 6/22	Restaurant of the Month	Chellos Restaurant in Rhode Island Each person pays for own meal.	Registration required Van leaves COA at 10:15 AM
THURSDAY 6/23	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA ~ \$3.00 per person
MONDAY 6/27	Walpole Walmart	Ride provided to and from Walmart. Registration required.	12:00 PM Van leaves COA
WEDNESDAY 6/29	Walpole Errand Day	Sign up for a ride to your errands The van will take you anywhere in Walpole. Registration required.	Times to be determined based on number of people and destinations
THURSDAY 6/30	SENIOR HEALTH EXPO	Stop by the COA and visit the different Service Providers attending.	10:00– 12:00PM COA

AGING WELL SUMMER SPEAKER SERIES

We are excited to offer the Walpole community information and education to help navigate the changing landscape of healthcare, legal and financial issues and active living. Seniors, adult children, caregivers and the public are all welcome to learn about resources that will best support them and their families.

~ Healthy Cooking - June 21

~ Self Advocacy: Taking Charge of Your Health Care Decisions - July 19




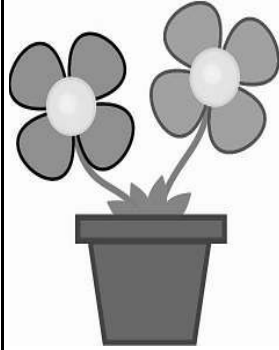
~ Vision, Hearing and Foot Care - August 16

Walpole Council of Aging, 135 School Street

6:00PM - 7:30PM

Light refreshments will be served.

JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.</p> <p>** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00.</p>	<p>1 SIGN -UP DAY</p> <p>10:00AM Exercise Class 12:00PM HESSCO Apricot Chicken 12:30PM Pokeno 2:30PM Senior Singing Group</p>	<p>2 8:30AM Day of Beauty 10:30AM Yoga 12:00PM HESSCO Meatloaf 1:15PM Bridge 6:30 - 9:00PM Hoops & Needles</p> 	<p>3 9:00AM Zumba 9:30AM Quiche / French Toast Breakfast 10:00AM Wii Bowling 10:00AM Seekers Writing Club, Walpole Library 12:00PM HESSCO BBQ pork Patty 12:30PM Bingo</p>
<p>13 10:00AM Exercise Class 10:30 AM Wickford RI Trip 12:00PM HESSCO American Chop Suey 1:00PM Dominos 1:30PM Mah Jongg</p>	<p>14 Stop & Shop (AM Trips) 8:30AM Bird Park Walking Club 12:00PM HESSCO Honey Chicken 2:30PM Yoga 4:00PM A Musical Interlude</p> 	<p>15 10:00AM Exercise Class 12:00PM HESSCO Roast Pork 12:30 PM Pokeno 2:30PM Senior Singing Group</p>	<p>16 8:30AM Bird Park Walking Club 9:30AM Veterans Meeting 10:30AM Yoga 12:00PM HESSCO BBQ Meat Balls 12:30 PM - Pork Roast Luncheon 1:15PM Bridge</p>	<p>17 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club, Walpole Library 12:00PM HESSCO Chicken Rotini 12:30PM Bingo</p>
<p>27 10:00AM Exercise Class 12:00PM Wal-Mart Trip 12:00PM HESSCO Low Salt Hot Dog 1:00PM Dominos 1:30PM Mah Jongg</p>	<p>28 Stop & Shop (AM Trips) 8:30AM Bird Park Walking Club 12:00PM HESSCO Caribbean Chicken 1:00-4:00PM Podiatrist 2:30PM Yoga 4:00PM A Musical Interlude</p>	<p>29 Errand Day 10:00AM Exercise Class 12:00PM HESSCO Tuna Casserole 12:30 PM Pokeno 2:30PM Senior Singing Group</p>	<p>30 8:30AM Bird Park Walking Club 10:00AM <i>Health Fair</i> 10:30AM Yoga 12:00PM HESSCO Roast Turkey 1:15PM Bridge</p>	

JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 9:30AM Twin Rivers 9:30AM Blood Pressure Clinic 10:00AM Exercise Class 12:00PM HESSCO Mac & Chesse 1:00PM Dominos 1:30PM Mah Jongg	7 Stop & Shop (AM Trips) 8:30 AM Bird Park Walking Club 12:00PM HESSCO Beef & Lentil Chili 2:30PM Yoga 4:00PM A Musical Interlude	8 10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO Roast Chicken 12:30PM Pokeno 1:15PM HAIRSPRAY The Musical! 2:30PM NO Senior Singing	9 8:30AM Bird Park Walking Club 8:00- 10:00AM Walk-in Breakfast 10:30AM Yoga 12:00PM HESSCO Sausage, Pepper & Onions 1:15PM Bridge	10 9:00AM Zumba 10:30AM Castle Island Trip 12:00PM HESSCO Salmon 12:30PM Bingo 
20 9:30AM Blood Pressure Clinic 10:00AM Exercise Class 12:00PM HESSCO Beef Picadillo 1:00PM Movie at the Center 1:00PM Dominos 1:30PM Mah Jongg	21 Stop & Shop (AM Trips) 8:30AM Bird Park Walking Club 12:00PM HESSCO Beef Bordlaise 2:30PM Yoga 4:00PM A Musical Interlude	22 10:00AM Exercise Class 10:00AM Knitting Club 11:00AM Chellos in RI 12:00PM HESSCO Chicken Drumstick 1:00PM Creative Corner 2:30PM Senior Singing Group	23 8:00- 10:00AM Walk-in Breakfast 10:30AM Yoga 12:00PM HESSCO Shepard's Pie 1:15PM Bridge 1:30PM COA Board Meeting	24 9:00AM Zumba 12:00PM HESSCO Sweet Potato Pollack 12:30PM Bingo 

Please **sign up for ALL trips and events** you would like to attend.

IN-PERSON and **PHONE** registration begins **WEDNESDAY, JUNE 1st at 8:30 AM.**

You must speak to a desk volunteer.

*Leaving a voicemail **does not** register you for programs.*

LET US PLACE YOUR AD HERE.

Well, where were we... before our article was unceremoniously nixed from the March edition of the COA newsletter? Oh yes, we were explaining to you youngsters born in 1951, what you need to do to prepare yourself for the world of Medicare.

But before we get to that, what was happening in 1951? You may recall that the New York Yankees signed Joe DiMaggio to a \$100,000 a year contract (which made his salary higher than Harry Truman's, the then-president of the United States); gas prices remained high at 19 cents per gallon; and Boston's home town football team, the New York Giants, were getting ready for the 1951 NFL opener. Ah, "The way it was in 51."

What you probably don't remember about 1951 is that the Life Expectancy was 68.2 years. The good news for those of you turning 65-years-old in 2016? Your life expectancy is 86.7 years – which brings us back to the real world of 2016 with a snapshot of how Medicare plans works.

Original Medicare comes from the federal government and covers hospitalization ("Part A") and medical services such as doctor visits and test ("Part B"). Original Medicare does not cover prescription.

After you meet your deductible, Original Medicare generally pays 80% of your prescription costs, and you pay the remaining 20%. You pay a premium for Part B which can be automatically deducted from your Social Security check.

Medicare Advantage Plan ("Part C") is a coverage through a private insurer. It takes the place of Original Medicare. Most Medicare Advantage plans also include prescription coverage. You must be enrolled in Original Medicare Part A and Part B to be eligible. You pay a monthly premium and you must continue to pay your Part B premium.

Medigap (Medicare Supplement) is a plan offered by a private insurer that helps pay some of the health care cost that Original Medicare doesn't cover, like co-payments, co-insurance and deductibles. You must be enrolled in Original Medicare Part A and Part B to be eligible. You pay a monthly premium and you must continue to pay your Part B premium.

Prescription drug coverage ("Part D"). A plan offered by a private insurer, that helps cover prescription drug cost. You must be enrolled in Original Part A and/or Part B to be eligible. You pay a monthly premium and you must continue to pay your Part B premium if enrolled.

The advice we suggested in March still holds true: We would urge anyone enrolling in Medicare in 2016 to contact the Senior Center at (508-668-3330) to make an appointment with a volunteer counselor to assist you through the process and hopefully answer all your questions. You will find it very helpful.

Next month, we will look at other options you may be eligible for, to help with the expense of Health Care.

CAROLS CORNER

Did I miss something?

Did I miss something?

Sometimes I'm happy sometimes I'm sad
Sometimes I see bright blue cloudless skies

Sometimes I see only gray clouds

Did I miss something?

There are times when the day will never end
There are times when I don't want the day to end
There are moments when I can't stop smiling
There are moments when the tears come down fast and wet
Did I miss something?

My life is chaotic
My life is safe
My life is never the same

I have cried, I have laughed, I have loved and been loved, I
have accomplished many good things,
and have failed at some, I have been a friend and have
friends, I have raised a fine family,
I have enjoyed myself

As I look back on this tale to see what I have missed
I have missed nothing!!
Life is full of so many different emotions
To use them is to live, really live and enjoy the tears and
laughs along the way.

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Peter A. Betro Jr., R. Ph

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Laurel St. Pierre, Outreach
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver

Dolores Efthim
Chairman COA Board

HESSCO Meal Site
(508) 668-3423

This Newsletter is made possible,
in part, by a grant from the
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East Walpole, MA 02032*

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WALPOLE Health Department and COA

The Walpole Nurse will conduct
clinics for blood pressure checks,
screenings and provides health
information on the
**1st and 3rd Monday of the
month at 9:30AM*, Walpole
Senior Center, Town Hall.**

*Times subject to change



Health Update

The warmer weather means time to start wearing your compression stockings. Make it easy by putting stockings on **BEFORE** getting out of bed in the morning, that is the skinniest your legs are going to be all day. Keep them on your night stand to be readily available. Trouble putting them on? Try a bit of baby powder or talc to help them to slide easier over your foot and leg. **Remember to put on shoes or slippers so you don't fall or slide in your stockings!!**

Leandra McLean RN, BSN, CEN, CCRN, Public Health Nurse